

LONDON metro®

\$30 MILLION
estimated



**Friday's
Jackpot**

CURRY ON OVER TO OUR WEBSITE

AWARD-WINNING CHEF
VIKRAM VIJ WANTS TO HELP
YOU FIND TIME FOR FAMILY
MEALS. HIS COOKING SHOW
WILL BROADCAST LIVE ON
METRONEWS.CA **PAGE 11**



A tangled situation

Radha Mitchell comes to TV
with Red Widow, playing a
woman forced to pick up her
husband's criminal activities
after he's killed **PAGE 7**

Entertaining on the stage

The Grand Theatre promises
a mix of lively entertainment
on the main stage, kicking
the season off with a Legally
Blonde musical **PAGE 3**

Oodles of tasty noodles

The noodles in this shrimp
and shiitake noodle stir-fry
are a fun and approachable
dish for a busy weeknight
PAGE 10



DIANA KRALL DELIGHTS FANS

Canadian jazz pianist and singer Diana Krall performs for more than 2,000 people last night at the Royal Bank Theatre at Budweiser Gardens. MARK SPOWART/FOR METRO

Proposed food truck project faces criticism

Hot topic. The possibility
of permitting food
trucks is cooking up
considerable debate
within the community



**JOHN
MATISZ**
john.matisz@metronews.ca

A proposed pilot project which
would allow food trucks to
operate in downtown London
is expected to be a hot agenda
item when councillors meet for
Tuesday's city council meeting.
Councillors are expected to
vote on the pilot's conditions.
They will also choose an appropriate
site to hold a public participation
meeting to further discuss the issue.

Although the process is still
in its preliminary stages, the
possibility of permitting food
trucks is cooking up considerable
debate within the community.

"Council has to be careful
not to make it so easy for entrepreneurs
to get into the food-truck
business, so that they don't wipe out the bricks-and-mortar
businesses," Palasad
restaurants owner Rob Szabo
said.

Council meeting

Other important items on
tap at Tuesday's full council
meeting:

- Towards Recovery's request to rezone property at 527 Wellington Rd. so they can open a methadone clinic.
- Fincore's request to rezone property for its SoHo development.
- Presentation of the Railway Pedestrian Crossing Assessment study.

Szabo is concerned food
trucks might "cherry pick customer
traffic" from nearby restaurants.
Additionally, he believes the garbage
produced by a mobile restaurant
may cause a dirtier city, since trucks
sometimes don't have food-disposal
infrastructure in place.

Orest Katolyk, City of
London bylaw enforcement
manager, insists the report
to be presented on Tuesday
will recommend food trucks
be subjected to standardized
health and safety inspections.
If approved, they will also be
forced to adhere by distance

restrictions — a buffer zone
separating them from existing
restaurants.

Both Szabo and Felipe
Comes, the co-owner of Aroma
restaurant, would like to see
food trucks pay property taxes,
too.

"I pay X number of dollars
for operating a restaurant, and
I want the city to charge the
same (to food trucks)," Comes
said, with Szabo adding, "Business
owners who occupy a
bricks-and-mortar-type store
end up paying property taxes
one way or the other. At the
end of the day, that becomes
the real core issue."

Coun. Joni Baechler (Ward
5) says she is open to the food-
truck concept as a whole, but
would prefer if potential operators
offered "innovative ideas
around cuisine" as opposed to
traditional street meat such as
hot dogs and sausages.

When asked about the city
having the authority to decline
food trucks based on their
menu, Katolyk noted, "At this
point, I don't believe we can
(regulate) what type of food
they serve."

Katolyk adds city staff feel
they have done everything
with due diligence and will be
able to mimic the best practices
in other Canadian cities with a
strong food-truck presence.

Online election

Vote in the London Youth Advisory Council elections

The London Youth Advisory Council elections have opened, and Londoners are encouraged to vote.

All Londoners of all ages can vote for up to three of the 22 candidates in the online election at lyac.ca. You can also read the candidates' platforms on the website.

The polls close March 8 at midnight. So far, 1,300 Londoners have voted.

The current youth council will continue working on initiatives until the end of August, but transitioning of the new councillors will begin shortly after the elections for their term starting in September.

The youth council is a democratic organization bringing London's young leaders together for a year-long term serving their city. It is open to any Londoner between the ages of 15 and 25 who want to improve the city. **JIM REYNO/METRO**

Fighting cancer

Sign up for the Relay For Life

The Canadian Cancer Society and the London Health Sciences Centre are again teaming up to fight cancer at the Relay For Life event.

The society's signature event, Relay For Life raises \$50 million annually in communities across Canada. Proceeds support Canadian Cancer Society research and community services, as well as the London Regional Cancer Program.

Register as a team or participant at relayforlife.ca/London. The relay will be held June 14 at TD Waterhouse Stadium at Western University. **METRO**

Protesters bring out the bones during rally

London Health Coalition co-chair Jeff Hanks, 44, of London, repositions a fake skeleton during the S.O.S. — Save Our Services Day of Action protest outside Health Minister Deb Matthews' constituency office at 242 Piccadilly St. on Monday. Hanks, along with about 30 others, made up the London contingent of a provincewide rally organized by the Ontario Health Coalition. The protests, held in 18 cities, were to voice displeasure with recent cuts to Ontario's health-care sector. The Ontario Health Coalition represents more than 400 health organizations across the province.

JOHN MATISZ/METRO



Ban junk food ads to kids under 12: Report

Childhood obesity. The bans are just a few of the many recommendations in the report aiming to reduce the number of kids who are overweight

Ontario should ban junk food advertising to kids under 12 and stop promoting junk food at the cash in retail stores if it wants to fight childhood obesity, a new report says.

Fast-food restaurants and those in grocery stores should also display the number of calories of each item on their menus, the government-appointed panel that prepared



Health Minister Deb Matthews
TORSTAR NEWS SERVICE

the report said Monday.

The bans are just a few of the many recommendations in the report aiming to reduce the number of kids who are overweight or obese.

That number has jumped 75 per cent over the last 30 years, said Health Minister Deb Matthews. In 2004, 27.5 per cent of

'Fat tax'

- The report didn't push for a so-called "fat tax" on certain high-calorie, low-nutrient foods, saying they didn't feel it was necessary right now.

Ontario kids between the ages of two and 17 were overweight or obese.

"The most devastating part of this trend is that obesity will mark our DNA, changing our metabolism and genetically reprogramming future generations of children to be at greater risk of being overweight," the report states.

It's a growing problem

that's also taxing Ontario's health-care system, she said. Last year, the province spent \$4.5 billion caring for people struggling with obesity.

"This is a very expensive problem, too," Matthews said. "So we simply must take action and we must take action now."

Matthews wouldn't commit to implementing the bans, but said she'll consider all the recommendations in the report.

Kelly Murumets, who co-chaired the panel that wrote the report, said she knows the bans are contentious proposals.

"I don't think everyone in the province is going to love all of these recommendations, so there will be some pushback on some of them," she said.

THE CANADIAN PRESS

Fontana-chaired charity keeps status pending investigation

A national governing body has decided the non-profit chaired by Mayor Joe Fontana will keep its charity status while being investigated by the Canada Revenue Agency.

The Charities Directorate confirmed Friday that the Trinity Global Support Foundation will retain its registration under the Income Tax Act, pending

a decision from the federal appeal court on its status. That hearing will be in late April.

Trinity Global — which runs programs ranging from those that provide breakfast to kids to those that ship HIV/AIDS medication overseas — has been linked to a tax shelter being investigated by the CRA.

JIM REYNO/METRO



Mayor Joe Fontana
CONTRIBUTED

Influenza A. Flu cases jump in past two weeks

The Middlesex-London Health Unit is reporting an increase in laboratory-confirmed influenza A cases in the past couple of weeks.

From Feb. 19 to end of day Feb. 25, nine new influenza A cases were reported to the Middlesex-London Health Unit. This is an increase from the week before (Feb. 12 to 18), when three laboratory-con-

firmed cases of influenza were reported to the health unit.

Among the newly reported cases, there were five hospitalizations. One influenza outbreak was declared.

As of Feb. 25, 434 lab-confirmed influenza A cases and three influenza B cases have been reported in Middlesex-London for the current surveillance season. **JIM REYNO/METRO**

Forum. Canadian experts to talk human trafficking

Western University's Violence Against Women Learning Network will host a human-trafficking forum Tuesday at the Hilton Hotel in London.

Speakers from across Canada will share knowledge on human trafficking, as well as discuss recent legislation changes and the impact on victims.

"Human trafficking ... is perpetrated primarily against women and children," said Linda Baker of the Learning Network in a news release.

"The consequences of this gendered violence are devastating. The forum will provide ... relevant information for community stakeholders working to prevent human trafficking, to protect those affected and to hold perpetrators accountable."

The Learning Network will also host a human-trafficking knowledge exchange Wednesday. Members of six anti-trafficking coalitions from across



Linda Baker LEARNINGTOENDABUSE.CA

Ontario and government representatives will discuss the ongoing fight against human trafficking.

The Learning Network was created from the recommendations of a Domestic Violence Advisory Council report. Its mandate is to promote public education and professional training to address violence against women.

For more information, visit vawlearningnetwork.ca.

JIM REYNO/METRO

After the blaze. Local family taking donations

Donations are being accepted for a family of six that lost everything in a house fire over the weekend.

Fire trucks arrived at the home at 847 Jalna Blvd. early Sunday, and while the family escaped, they lost almost all of their possessions.

Mike Chamz was sitting on his couch when he heard the smoke-detector alarm go off.

"So I ran upstairs to make sure everything was OK," he said. "The kids were sleeping upstairs; there was no smoke upstairs. Then I ran back downstairs to the kitchen. That's when I saw the smoke.... I got the kids out of

the house, then the smoke was getting worse and worse."

The London Fire Department is pegging the damage at about \$175,000 and it has determined the cause of the blaze was careless smoking.

Chamz says it's not clear whether their insurance has expired.

The family has teen kids and is in need of clothing, furniture and other household items. **AM980/AM980.CA**

To help

To donate, call 519-777-2549.

The Grand Theatre announces lineup

Main-stage season.

Seven productions planned from September to May

From celebrating local high-school talent to the timeless talent of the Man in Black — plus a little Elf — next season at The Grand Theatre promises a mix of lively entertainment on the main stage.

"We hope all Londoners will come and experience the humour, the music, the stories and the human connection that is live theatre," Grand executive director Deb Harvey said in a news release Monday. "This launch is a perfect time for us to invite current theatre-goers back for another season and encourage all newcomers to sign up for a season at The Grand."

The season kicks off with The Grand's 17th High School Project, a London teen take on the musical Legally Blonde, which is based on the novel by Amanda Brown and the Reese Witherspoon movie.

"It's about not allowing ourselves or others to limit our potential with labels," said Susan Ferley, The Grand's artistic director.

The 2013-14 main-stage subscription series opens with a tribute to the Man in Black — Ring of Fire: The Music of Johnny Cash.

"This show tells the life story of Johnny Cash through his music: from the poverty of his childhood in the American South to his rising career," said Ferley. "While he grappled with drugs and alcohol, it's ul-

The Grand Theatre

Main-stage season 2013-14:

Legally Blonde (Sept. 17-28)

Ring of Fire: The Music of Johnny Cash (Oct. 15-Nov. 2)

Elf (Nov. 20-Jan. 4)

The Passion of Narcisse Mondoux (Jan. 21-Feb. 8)

Other Desert Cities (Feb. 18-March 8)

The 25th Annual Putnam County Spelling Bee (March 18-April 12)

Artistic Fraud of Newfoundland's production of Oil and Water (April 22-May 10)

timately the story of a love and faith that led to redemption."

Ring of Fire includes 38 songs made famous by Cash, including Walk the Line, I've Been Everywhere and — of course — Man in Black and Hurt.

From an old classic to what has become a modern one, the Christmas tale Elf hits the main stage Nov. 20. Based on the Will Farrell movie, Elf is the triumphant story of a human who thinks he's one of Santa's elves, learns he's not but still rallies to save Christmas.

"Buddy ... reminds us that an individual can make a difference and transform the lives of others," Ferley said. "It's a story about family for the whole family to enjoy."

JIM REYNO/METRO



Deb Harvey, executive director of The Grand Theatre, addresses the crowd at The Grand's 2013-14 main-stage season announcement Monday. CONTRIBUTED

Subscriptions

Subscriptions are available by calling The Grand Theatre box office at 519-672-8800.

Visit grandtheatre.com for more information.

STOP PAYING \$80 FOR A \$30 PLAN.

This could be your wake-up call. Visit WINDmobile.ca

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WIND™



Dancing Down Under. Australian miners fired over Harlem Shake video

Up to 15 miners were fired from their high-paying jobs in an Australian gold mine after a Harlem Shake performance underground was deemed a safety hazard, a newspaper reported on Monday.

A YouTube video shows eight miners wearing safety gear while performing the convulsive dance in the Agnew Gold Mine last week. The West Australian newspaper quoted a sacked worker who wouldn't give his name as saying up to 15 people were fired, including some who watched the performance but did not participate.

Mine owner Barmingo considered the stunt a safety issue and a breach of its "core values of safety, integrity and excellence," according to a dismissal letter cited by the paper.

The letter noted that Barmingo would not allow the dancing workers "to be subcontracted by Barmingo at any site domestically and globally."

It's not clear from the video what safety issues are raised. The dancing miners

Harlem what?

Up to 4,000 videos of the Harlem Shake are uploaded on the Internet daily.

- **Chart topper.** The song Harlem Shake, recorded by Brooklyn disc jockey and producer Baauer, is currently No. 2 on the Australian singles chart.

wear helmets, but five are shirtless. The sacked worker told the newspaper that shirts had been removed to ensure the Barmingo name did not appear in the video.

Australia is experiencing a mining boom, with thousands of workers attracted by high salaries to remote Outback mines. The West Australian said the miners who lost their jobs had six-figure salaries.

Paddy Gorman, spokesman for the Construction, Forestry, Mining and Energy Union, said none of the miners at Agnew Gold Mine in resource-rich Western Australia state is a member of the mining union. **THE ASSOCIATED PRESS**

Police hunt suspect in death of young family

Newborn lost. Baby delivered after parents were killed in car crash died early Monday

A close-knit ultra-Orthodox Jewish community in Brooklyn was plunged into a new round of mourning Monday by the death of a baby who was delivered by cesarean section after his parents were killed in a hit-and-run crash a day earlier.

Police hunted for the suspected driver, identified as Julio Acevedo, saying he was barreling down a residential street in a BMW at 100 km/h, twice the speed limit, early Sunday when he collided with a car hired to take the couple to the hospital.

The baby was buried near the fresh graves of his parents, Nachman and Raizy Glauber, both 21, according to Isaac Abraham, a spokesman for the Hasidic Jewish community. About 1,000 community members turned out for the young couple's funeral a day earlier.



Members of Brooklyn's Hasidic Jewish community demand justice, a spokesman said. JOHN MINCHILLO/THE ASSOCIATED PRESS

"We all hoped the baby would survive," said Oscar Sabel, a retired printer who lives near the scene of the accident. "But it's what God wants. ... Maybe the baby's death and his parents' is not for nothing. God doesn't have

to give us answers."

The baby weighed only about four pounds when he was delivered, neighbours and friends said. He died of extreme prematurity, according to the city medical examiner's office.

Acevedo, 44, was arrested

last month on a charge of driving while under the influence, and the case is pending. He served about a decade in prison in the 1990s for manslaughter.

How Acevedo came to possess the BMW is also under investigation. **THE ASSOCIATED PRESS**

Bloody Kenyan election evokes past horror



Officials estimated a turnout of nearly 10 million. BEN CURTIS/THE ASSOCIATED PRESS

Kenya's presidential election drew millions of eager voters Monday, but the vote was marred by violence that left 19 people dead, including four policemen hacked to death by machete-wielding separatists.

Officials urged voters not to be intimidated amid fears the impending election results could spark another round of ethnic-related bloodshed. More than 1,000 people died after the 2007 vote.

The election is the first presidential poll under a new constitution designed to prevent

the ethnic violence of 2007-08. Officials estimated the turnout at 70 per cent.

The voting got off to a bloody start when a group of 200 separatists set a trap that killed four police in the coastal city of Mombasa, Insp. Gen. David Kimaiyo said.

The separatist group — the Mombasa Republican Council (MRC) — had threatened election-day attacks. The MRC believes Kenya's coast should be an independent country.

An AP tally of the violence found that four police and

three MRC members died in Mombasa, while six government officials, four MRC members and two civilians died in the three attacks near the coastal city of Kilifi, all according to police and mortuary officials.

After the polls closed, gunshots and an explosion rang out in the city of Garissa as gunmen stormed two polling stations, said Farah Maalim, deputy speaker of parliament. Security forces responded to the attack and the gunmen fled. **THE ASSOCIATED PRESS**

2007 election violence

Raila Odinga's loss to Mwai Kibaki in 2007 triggered violence that ended only after international action.

- **Charges.** One of the top 2013 candidates, Uhuru Kenyatta, faces charges at the International Criminal Court for allegedly orchestrating Kenya's 2007-08 post-election violence.

Leaked documents

Cardinals want to talk corruption before papal vote

Cardinals said Monday they want to talk to Vatican managers about allegations of corruption and cronyism within the top levels of the Catholic Church before they elect the next pope, evidence that a scandal

over leaked papal documents is setting up one of the most unpredictable papal elections in recent times.

The Holy See's administrative shortcomings were thrust into stark relief last year with the publication of documents stolen from Pope Benedict XVI's desk that exposed petty infighting, turf battles and allegations of corruption.

THE ASSOCIATED PRESS

Florida

Crews work to uncover sinkhole

Demolition continued Monday on a Florida home above the gaping sinkhole that swallowed a man last week. Crews worked to knock down the remaining walls and begin clearing away the debris in order to reveal the hole.

THE ASSOCIATED PRESS



A firefighter removes salvaged items. CHRIS O'MEARA/THE ASSOCIATED PRESS

One-day visit

Queen returns from hospital

Queen Elizabeth II returned home Monday after receiving treatment for a stomach infection that prompted a brief and rare hospitalization for the 86-year-old monarch.

A smiling Elizabeth walked out of King Edward VII Hospital on Monday

afternoon, bidding farewell to staff outside.

The queen cancelled engagements for this week due to the bout of gastroenteritis, although she could be back to work by next week.

It was the monarch's first hospitalization in 10 years but it set off few alarm bells in Britain, where she is seen as being in excellent health.

THE ASSOCIATED PRESS

Mortgages. Interest rates are expected to head south

Despite ongoing concerns about high levels of debt, analysts say interest rates in Canada are going nowhere except perhaps down — as demonstrated by one major bank's decision to shave the rate it charges for five-year mortgages.

The Bank of Montreal has dropped its posted five-year fixed mortgage rate by 0.10 points to 2.99 per cent in an effort to attract new borrowers ahead of the important spring real estate market.

Other banks may follow suit, although analysts note that many borrowers have been able to negotiate a 2.99 rate or lower even when the posted rate among major Canadian

banks was at 3.09 per cent

The concern is that with teaser mortgage rates like the one announced Sunday by BMO, Canadians will continue to invest in real estate and push home prices up, with potentially dire consequences for the economy and homeowners.

In a statement, Finance Minister Jim Flaherty said he has taken several steps — including reducing the maximum amortization period to 25 years from 30 in July — to discourage marginal buyers from being lured into taking on a bigger mortgage than they can afford over the lifetime of the loan.

THE CANADIAN PRESS

Market Minute



DOLLAR
97.30¢
(-0.06¢)

Natural gas: \$3.54 (+8¢)
Dow Jones: 14,127.82 (+38.16)



TSX
12,707.41 (-65.71)



OIL
\$90.12 US (-\$0.56)



GOLD
\$1,572.40 US (+10¢)



Signs of the times: Target opens its doors

Surprise! U.S. discount giant Target has fast-tracked the opening of three Ontario stores, meaning the retailer's much-anticipated arrival in Canada officially starts Tuesday morning. The three debut locations are in Guelph; Fergus and Milton. What does Canadian Tire think of Target's appearance north of the border? These signs, in the parking lot of the new Target store in Guelph, give a hint. The fast-tracked openings come as a surprise because Target had publicly said its first 24 Canadian stores — all in Ontario — would open near the end of March, though the details had been kept secret. "We've never publicly said 'This is our grand opening date' ... because we wanted flexibility to make sure we open when we are ready," said Target Canada president Tony Fisher on Monday. DAVE CHIDLEY/THE CANADIAN PRESS

Energy drink debate

Monster says there's no proof 'caffeine toxicity' killed teen

Monster Beverage is hitting back at a U.S. lawsuit alleging its energy drinks were responsible for the death of a 14-year-old girl, saying that no blood test was performed to confirm that the girl died of "caffeine toxicity."

The disclosures come amid intensifying scrutiny of energy drinks and their caffeine levels.

The suit filed last year by the family of Anais Fournier said the girl went into cardiac arrest after drinking two 680-gram cans of Monster drinks in a 24-hour period.

The U.S. Food and Drug Administration has also said it is investigating reports of deaths linked to energy drinks, including five that cite Monster beverages. The agency notes that the reports don't prove the drinks caused the deaths.

THE ASSOCIATED PRESS

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THANKS FOR THE MAMMARIES

The childhood adage that “my body’s no body’s body but mine” doesn’t exactly hold up in a culture obsessed with judging other people’s physical appearance. It seems our private bodies — and women’s especially — have become a public commodity to be consumed, discussed and evaluated.

Much of the discussion around the recent Academy Awards broadcast focused on physical bodies rather than bodies of work. Host Seth MacFarlane dedicated an entire song-and-dance routine to breasts and then went on to praise the female celebrities in attendance for “contracting the flu” (i.e. starving themselves) in order to whittle their waistlines before the ceremony. Best supporting actress winner Anne Hathaway received much more attention for her nipples than her on-stage performance during the *Les Misérables* number. Similarly, in 2012 Angelina Jolie’s right leg dominated the red-carpet conversation on screen and online; one year later there are still over 10 different Twitter accounts



SHE SAYS

Jessica Napier

metronews.ca

dedicated to her exposed limb, although the original @AngiesRightLeg account has since been shut down.

Lena Dunham, the creator and star of HBO series *Girls*, has been applauded and criticized for deliberately exposing her naked and normal-looking (gaspl) body in almost every episode of her hit TV show. Her unapologetically average flesh — Dunham actually happens to have some weight on her stomach, butt and thighs as opposed to 99 percent of the other women in Hollywood — takes centre stage in much of the discussion surrounding the show. Bally writing and generationally-poignant plot lines be damned, let’s talk about her stomach rolls!

Of course, it’s not just celebrities who are subjected to this form of superficial scrutiny; the media has a tendency to reduce public figures to, well, figures.

News stories about Michelle Obama spotlight her wardrobe choices, sculpted arms and recent haircut (bangs!), while

Justin Trudeau’s voluminous hair has even managed to secure its own Twitter account with over 1,000 followers.

There’s no doubt that other people’s bodies are fascinating, but it’s scary to think that lustrous locks might help an ambitious politician become the next prime minister.

Twitter parody accounts that give individual limbs their own online personality might provide some cheap LOLs, but this relentless objectification of body parts demonstrates just how lazy our generation of smartphone-wielding armchair critics has become.

Sadly, it’s just so much easier for us to admire Trudeau for his hair than educate ourselves on his policies or to gawk at Dunham’s exposed butt than consider the implications of the sexual politics at work on her show.

When we focus our attention on a person’s body — what it should look like and how much of it we want to see — we’re not only ignoring more significant conversations, we’re elevating the importance of the body and undermining the true value of the individual.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Earth’s cut is the deepest



CONTRIBUTED

Scientists probe our planet

Scientists are boldly going deep, deep underground to study the movement of carbon kilometres below the Earth’s surface. Early results from the historic 10-year, \$500-million research project outline strange new worlds right out of science fiction: colonies of microbes millions of years old,

hydrogen-eating life forms and natural gas seeping from chemical processes within the bedrock itself.

The discovery of vast reserves of buried carbon may suggest solutions to the climate-change crisis on the surface. And the Earth’s deepest recesses also suggest how life might behave on other planets.

THE CANADIAN PRESS

It’s volcanoes that spit it back

What Deep Carbon has found — so far — is that unimaginably huge amounts of buried carbon have been involved in an intricate and stately dance with life since almost the beginning of the planet.

As long as 3.8 billion years ago, biological processes were breaking down

the young Earth’s relatively uniform rock, concentrating their carbon and forming different rock types.

The slow drift of continental plates drives carbon-rich rocks from the surface deep underground. Eventually, that carbon comes back as erupting volcanoes belch carbon dioxide, linking the processes of the surface to underground. THE CANADIAN PRESS

Clickbait

From Timon and Pumbaa to Kung Fu Panda, there is nothing like a talking animal. These top animal Twitter accounts keep you updated on the latest from your furry or feathery friends.



@horse_ebooks

“I adore key limes and am always on the lookout for new ways!” Inexplicably, this spambot set up to flog e-books has acquired over 150,000 followers. But follow and you’ll see why — his/her zen-like tweets confuse and delight, even if they tend to cut off halfway for no reason.

@contrastamanda

“I just squirted 12.3 kgs of milk out of my teats in 5:44 minutes. What did you do today?” Amanda, a real-life Ontario cow, was hooked up to Twitter by her farm in 2010. Sadly, no moos have come from Amanda recently. We hope she hasn’t gone to the giant steakhouse in the sky.

@50ShadesChicken

“It’s not food porn till you get out the twine.” Parody accounts on Twitter are a curious mixture of pain and pleasure, but this account for a best-selling poultry parody cookbook has even managed to entice users who haven’t heard of the notorious E.L. James novel.

Twitter

@metropicks: See these city-living “penalty cards”? <http://ow.ly/iblbv> What sidewalk behaviour annoys *you* most? Tell Metro!

@Dragoniser: @metropicks Idiots on their cell phones not watching where they are walking.

@goodnighthush: @metropicks on

rainy days when people walk under awnings with their open umbrellas not moving or adjusting for those without one.

Want to get your tweets here? Follow @metropicks on Twitter for the best of Metro’s writers and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

DVD review

The Master

Director. Paul Thomas Anderson

Stars. Philip Seymour Hoffman, Joaquin Phoenix, Amy Adams

Joaquin Phoenix plays raging id to Philip Seymour Hoffman's controlling ego in Paul Thomas Anderson's rich Freudian bromance. Circa 1950, Phoenix's Freddie Quell returns stateside as an alcoholic drifter following Second World War navy service. He meets by chance Hoffman's Lancaster Dodd, the smug, powerful and charismatic leader of a quasi-religion known as The Cause (read Scientology). The two vividly sketched characters engage in mind games as Dodd, whose minions call him The Master, attempts to redeem the fallen sailor — or is it the other way around?

PETER HOWELL

The Twilight Saga: Breaking Dawn — Part 2

Director. Bill Condon

Stars. Kristen Stewart, Robert Pattinson, Taylor Lautner

In this fifth and concluding chapter (finally!) of the young vampire romance franchise, a dreary series manages to find a pulse. It does so not through the drama, which is goofier than ever, but through comedy, some of which is actually intended.

PETER HOWELL

When Glee met Archie. Hit TV series and iconic comic join for story arc

Blaine Anderson and Kevin Keller? Betty Cooper and Noah Puckerman? Things are not as they usually are in the halls of William McKinley and Riverdale high schools.

And that's just the way it should be, said Roberto Aguirre-Sacasa, who writes for Glee and penned the four-issue story arc, Archie Meets Glee, that sees Riverdale and McKinley's famous — and vocally talented — students come together in a crossover crash that blends the

Star of Red Widow weaves a tangled web

Art imitates life.

Radha Mitchell finds personal life parallels in her character in new CTV Two series



NED EHRBAR

Metro World News in Hollywood

Radha Mitchell comes to television with Red Widow, playing a woman forced to pick up her husband's criminal activities after he's killed. It's juicy stuff, to be sure, and just what the Australian actress — known for film roles such as Silent Hill, Finding Neverland and Man on Fire — had been looking for.

"Marta Walraven is pretty much my dream character to play," Mitchell says.

"Basically she's a woman who has been avoiding her criminal upbringing by living the life of a soccer mom and is suddenly dragged into a world that she's been trying to avoid pretty much her whole life when her husband is assassinated in relation to a drug incident. And in the process she discovers things about herself and talents that she didn't know she had."

Mitchell says she relates quite a bit to her character, though she's wary to get into specifics. "Well, I guess the parts that I relate to I probably wouldn't really want to share," she says with a laugh. "But in terms of being thrown into a situation,



Red Widow airs on CTV Two on Sundays at 10 p.m. EST. HANDOUT

I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary. I came out when I was, like, 23 or something. I didn't know anybody and I was staying on my manager's couch. But it was probably one of the most exciting junctures in my life because, you know, it was all about what could happen. I mean it

wasn't scary in the same way, but yeah."

So with a move to television — something very common for film actors these days — does that mean Mitchell's not looking for movies right now?

"I'm over films," she jokes. "I was actually sort of at this point in my life. And also, I feel like exciting characters are on television right now."

A whole new world

"I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary"

Radha Mitchell on relating to her character in Red Widow

Bieber contest winner

Fan can't Believe her luck

Fans from all over the world entered Metro's two week "I Believe in Love" contest for a chance to meet Justin Bieber. But it was 15-year-old Valeria Viteri, from Peru, who captured our Global Jury's attention and the most votes (an impressive 9,022!). Viteri will have a once-in-a-lifetime VIP experience during Bieber's "Believe" tour in Europe and will even get to meet the pop star. Viteri couldn't stop screaming when she got the phone call notifying

her she'd won.

How do you feel about meeting Justin Bieber?

I am extremely excited and still cannot believe it's true. It means so much to me, to meet him and tell him how much I love him. I hope I don't get star struck.

How have you prepared yourself for this?

The day of the deadline I came running home from school, checked the Facebook page and there it was: I was the winner! I am so happy and want to thank all of my friends who supported me with their votes.

MWN



Glee and Archie come together.

THE ASSOCIATED PRESS

So what prompted it? A friendship between Aguirre-Sacasa and Archie Comics co-CEO Jon Goldwater, who met New York Comic Con in 2011. "The Archie brand is very versatile and we're continuing to explore our limits every day," Goldwater said of the latest crossover.

THE ASSOCIATED PRESS



Justin Bieber ALL PHOTOS GETTY IMAGES

Biebs explains why he bashed his own birthday

Justin Bieber is taking issue with reports that he had the “worst birthday” — as he referred to Friday’s celebration via Twitter — because some of his friends were barred entry to the nightclub where he was celebrating.

“The funny moment when people believe I brought underage people to a club,” Bieber says in a post on Instagram. “I love how the club wanted to give the press another reason to why we

didn’t stay at their weak-ass club so they wouldn’t look bad for me walking in and right back out.”

As for what was behind his enigmatic two-word tweet? “I said ‘worst birthday,’ but that was due to dummies pushing over my fans and being overly aggressive,” he writes. “It wasn’t the worst birthday because all my friends from back home flew in. I was just mad in the moment.”



Charlie Sheen

Take it from somebody who’s been down just as Lo

Charlie Sheen is continuing his quest to help Lindsay Lohan in her time of need, this time offering up his services as a mentor for the troubled starlet. “I have a kinship with somebody who clearly needs a mentor, whether she wants

one or not,” Sheen tells TMZ. “She can continue to hang out with her dress-shredding club buddies or turn to me for some advice from a guy who’s been down the road as well as every other side trail on the journey.”

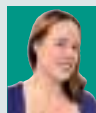
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hollywood’s next pint-sized power couple?



THE WORD
Dorothy Robinson
scene@metronews.ca

In today’s Lifestyles of the Rich and Famous: The Prepubescent Set, it looks like Jaden Smith, 14, and Kylie Jenner, 15, are going steady.

“They’re dating,” says a source close to Jenner. “It’s new, but they’ve been friends forever.”

Jaden, who was in London recently for Justin Bieber’s 19th birthday party, took Jenner to Caffè Nero in London’s Piccadilly Square on Sunday.

Jenner was previously dating Australian pop star Cody Simpson. So this is it. Welcome to your future: We’re going to be reading about who these two are dating for the next 30 years. Starting now. Horrifying, isn’t it?



Adele

I’d like to thank my mom: Adele’s son gets his own golden statue

Clearly receiving an Oscar statue for Skyfall gave Adele some ideas. Back home in London after last week’s Academy Awards, the singer posted a photo to Twitter of her best song Oscar

alongside a smaller replica award that read Best Son, a souvenir she picked up for her baby boy, born in October. “Thanks for having us, Hollywood,” she wrote along with the photo.



Ben Affleck

Move paps, get out the way: Ben and his space bubble

Ben Affleck is used to a certain amount of paparazzi attention, but sometimes enough is enough — like late last week when some photographers got too close for comfort around Affleck and his four-year-old daughter, Seraphina. The paparazzi re-

portedly swarmed the father and daughter outside of her school, according to Us Weekly. “She was asking for them to stop,” a source says, adding that Affleck asked them numerous times to back off. “The paps said they needed to be ‘that close.’”

Twitter



@ElizabethBanks

Do you have a bad relationship w tequila? Maybe you just haven’t met the right one...



@ElizabethHurley

I adore my puppy Mia but she is proving to be VERY DIFFICULT to house train. anyone else been challenged by cocker spaniels?!



@Bitchuation

why do people want an oscar so much? i take mine out and look at it five or six times a day and i feel nothing.

The 50 Shapes Workout

Fitness. A new workout promises to get you toned and flexible enough to reenact the tricky sex positions in the *Fifty Shades* trilogy. Creator Kristen James explains how self-love, strength and stamina equals great sex

ROMINA
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Throughout the *Fifty Shades* trilogy, the main protagonists, Anastasia Steele and Christian Grey have “ridiculous, off the hook sex” every other day, Kristen James, the fitness trainer behind the 50 Shapes Workout tells Metro.

“I kept hearing women say, ‘Who has the stamina or the flexibility for that kind of sex?’

“Anastasia wasn’t just on her back. She was contorted all over the place.”

But that’s fiction. According to James, women are exhausted. “They don’t have enough stamina in the bedroom.”

James wanted her workout to help women look and feel better. “You should never have to turn the lights off during sex. I want them to develop the strength and confidence to reenact the crazy positions described in the books.”

IN FOCUS: THE 50 SHAPES WORKOUT

The Pilates based exercises are designed to help you execute moves from the book. “The better you feel about your physical appearance, the more empowered and able you are to pleasure yourself and your partner,” says James. “Over time, the workout will create long, limber muscles and help you bend over in a pair of really high heels.”

Here’s what it will help you achieve:

A strong core

With age, women tend to hold body fat around the mid-section. The stomach area is what women dread the most, explains James, but doing moves that work your



You don't say no to this personal trainer. THINKSTOCK

What to avoid

Foods and drinks that are NOT sex friendly

- **Wheat and any other refined carbohydrates (pizza, cake — all the white flour-based tasty stuff).** They will make your belly bloat.

- **Salad.** Bet you get all smug when you order salad on a date, thinking you’re



being super healthy. Unfortunately, raw fruit and vegetables tend to make us gassy. Aim for minimum roughage. Maybe go for a piece of fish and some asparagus.

- **Alcohol.** In the book, Anastasia Steele is always drinking — which is fine, but too much of it will numb your sexual response. One glass of wine is enough to heighten your senses.

core will tighten things up. “A man likes to grab on to a nice cushy bum. Not a flabby tummy. Develop your core strength here (abs, obliques, lower back) and everything becomes much easier to execute,” she adds.

Your abs will be on fire by

the time you’re done with the workout.

A taut pelvic floor

Kegel exercises will intensify your orgasms, says James. “After childbirth, the

muscle is all stretched out and women may become a little less sensitive. Your pelvic floor is a muscle. If you strengthen it by doing Kegels, it will get so tight and taut so that when you do reach climax — sensations will be 10 times more powerful.”

Get started by doing three sets of 10 James’ Seductive Squats a day.

Toned legs & bum

Doing the Lusty Lunges will target the little pockets of cellulite that tend to appear on the side of the thighs. The Bend Over Better move will tighten your glutes. Stick to the workout for 30 minutes, three times a week for “a better, bolder sex life.”

To purchase the 50 Shapes Workout, go to kristenjamesfitness.com.

Sample sexercises

Night moves

James says many of the exercises in the training program are moves that are already commonly part of workout programs.

“I just incorporated more flexibility training and core strength. All you need is a mat and chair. And a bed for later.”

Seductive Squats

Stand with your feet wider than hip width apart and turn your toes out 45 degrees. With a neutral spine, elevate up onto your toes and lower your hips down to knee height. As you return up, perform one Kegel contraction.

Bend Over Better

Stand with your feet hip width apart, toes facing forward. Soften your knees. With your back flat, extend forward touching your toes. As you rise, elevate up onto your toes and extend your arms overhead.

Lusty Lunges

Stand with your feet wider than hip width apart and your toes facing forward. Lunge to the side deeply into one leg being sure to sit back into your glutes as you descend. Reach for your toe with the opposite hand as your other arm reaches overhead allowing for some rotation to your spine. Alternate side to side to complete the set.

Dirty Diamonds

Lie on your back with your legs extended up overhead at 90 degrees. Allow only your heels to touch, extending your toes out to a 45 degree angle. Lower your knees and allow them to drop out to your side as low as they can go. As you extend them back up to the ceiling, lift your tailbone straight up, contracting your abs — be sure to perform one strong Kegel at the top of every movement.

3 TIPS

Stuff salmon to perfection with olives and tomatoes



ROSE REISMAN
for more, visit
rosereisman.com

This olive and sun-dried tomato mixture is incredible with salmon, but it also goes well with halibut or sea bass.

If you don't have both types of olives on hand, remember that green have a

Ingredients

- 3 tbsp chopped black olives
- 3 tbsp chopped green olives
- 3 tbsp chopped rehydrated sun-dried tomatoes
- 2 tbsp seasoned breadcrumbs
- 2 tsp olive oil
- 1 tsp crushed fresh garlic
- 1 tsp Dijon mustard
- Four 4-oz skinless salmon fillets
- 3 tbsp chopped fresh parsley



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

more intense flavour and black are milder. If you like, add some thinly sliced olives as a garnish.

1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

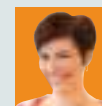
2. Finely chop the olives, sun-dried tomatoes, breadcrumbs, oil, garlic and mustard, either by hand or using a small food processor.

3. Make a 1/4-inch vertical slit through the top of each

salmon fillet to within 1/4 inch of each end. Divide filling and stuff the fish. Bake in centre of the oven 10 minutes per inch of thickness. Garnish with fresh parsley. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

Caviar of the people



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Caviar is an exclusive delicacy of fish eggs from sturgeon fish but there are other fish roes equally high in taste, vitamin B12, fat soluble vitamins including the nutrient du moment, vitamin D.

Culinary cultures from all over the world have made use of the roe from more plentiful cod, lumpfish and mullet. Search in French, Italian, Greek or Asian communities for the best selection.

• Poutargue is a Marseille, France specialty making use of the entire mullet fish egg sac which is

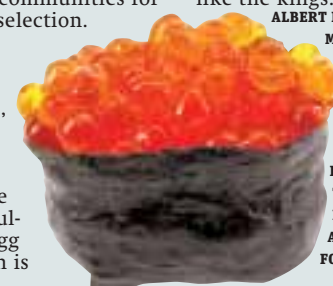
salted, pressed and cured just like an Italian Prosciutto. It is meant as a thinly sliced garnish and is outstanding.

• Taramasalata is the Greek dip made from mashed potato, cod roe, olive oil and lemon juice.

• Lumpfish roe is the larger orange eggs found on sushi. Its bright orange colour and very salty pop add dimensions of flavour.

Fish eggs are highly salted and naturally high in cholesterol, but they are most often only enjoyed in small amounts as garnish. Go ahead, dine like the kings. **THERESA**

ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Lunch. Asian Steamed Clams with Broccoli Rabe



1. In saucepan, heat oil over medium high. Add ginger, scallions and garlic and sauté 1 minute. Add chili sauce, white wine, chicken broth and clams. Cover tightly and cook until clams start to open. As they open, transfer clams to bowl. It will take 10 minutes for all clams to open. Discard any clams that do not open.

2. Keep saucepan over medium heat. Return clams and any liquid in bowl to pan. Add broccoli rabe, then cook just until heated through. Add sesame oil and stir well. Divide clams and broccoli rabe, along with the cooking liquid, between 4 shallow soup bowls. Serve each bowl with a few slices of toasted bread and a soup spoon.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING

SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 2 tbsp vegetable oil
- 1 tbsp grated or finely chopped fresh ginger
- 1/2 cup finely chopped scallions (white and green parts)
- 3 large cloves garlic, minced
- 1 tsp Chinese chili sauce
- 1/2 cup dry white wine
- 1/2 cup low-sodium chicken broth
- 3 dozen littleneck clams, scrubbed well
- 3 cups blanched and coarsely chopped broccoli rabe
- 1/2 tsp sesame oil
- 8 thick slices country-style bread, toasted

Noodles and noodles of yum

The noodles in this Shrimp and Shiitake Noodle Stir-Fry are a fun and approachable dish for a busy weeknight.

Asian markets are jammed with many different noodle varieties. This is a thick noodle, but you can use other varieties for a different texture. Just be sure to cook the noodles until just a few minutes shy of being done. They will continue to cook while being stir-fried.

As with all stir-fries, which by definition are cooked fast and at a high



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp sesame oil
- 1 small sweet onion, sliced
- 7 oz shiitake mushrooms, stems removed, thinly sliced
- 1 red bell pepper, cored and thinly sliced
- 9 1/2-oz package thick Asian-style noodles, such as udon
- 1 lb small shrimp, cooked and peeled
- 2 tbsp oyster sauce
- 3 tbsp low-sodium soy sauce
- 1 tbsp toasted sesame seeds
- 1/4 cup thinly sliced scallions

heat, it's best to prep all of your ingredients and have them near the stove before you begin cooking.

1. Bring a large saucepan of water to a boil.

2. While the water heats, in a large deep skillet or a wok over medium-high, heat the oil.

3. Add the onion and sauté for 4 minutes, or until tender. Add the mushrooms and cook for 6 to 7 minutes, or until browned and tender. Add the red pepper to the pan, add the noodles to the boiling water. Cook for 2 minutes, or until just al dente.

4. After 2 minutes, use tongs to pull the noodles out of the boiling water and add directly to the wok. Add the shrimp, oyster sauce and soy sauce, then toss well. Cook until heated through and the noodles have finished cooking, about another 3 to 4 minutes. Toss with the sesame seeds and scallions.

THE ASSOCIATED PRESS

Savour your family's dinnertime

The chef. Metro talks to Vikram Vij about eating with your kids and his upcoming online cooking show



THERESA ALBERT
life@metronews.ca

Vikram Vij, an award-winning chef in Vancouver, wants to help you find time for family meals. His mission starts in the form of Canada's first live online cooking show.

His simple Indian meal is family friendly and he will show you step by step in a cook- along live video broadcast with Metro at metronews.ca/vijcooklive this Thursday at 6 p.m. ET.

Better yet, questions can be tweeted live during the show using the hashtag #vij-cooklive.

Did you grow up eating with your family? In Canada?

I grew up in India and left home at 19. There, it was a cultural routine to have family dinner because my dad was very strict and he insisted on dinner at 8 p.m. every possible night. Even at 17 years old, when I had plans to go out and eat with friends, he would insist that we sit and listen to talk. At the time, it seemed too strict but my father wanted to connect with his family and it taught me not to gallivant like some of my friends were, which kept me out of trouble. Now as a parent myself, I can't do this every night, but on my days off at home it is a more formal affair on Sundays and Mondays where the

kids set the table and we cook, savour and appreciate.

How old are your kids?

My children are now 14 and 16 and I find I learn a lot around the dinner table just listening to them talk to each other about their lives and their friends. There is also an opportunity to model moral lessons. It is an osmosis process. They see everything in the interaction between the parents. I learned social lessons at the dinner table watching my father dominate my mother, who was a typical Indian woman. I learned to protect my mother when she needed it. Kids learn to resolve conflict in this setting and remove themselves from it when it isn't appropriate for them to be involved. Eating together keeps people interacting and that is an important part of life.

Is this a job, career or mission?

Feeding people has deep roots of awareness of cuisine and culture for me growing up in India. I love Canada, it is my home now, but sharing my homeland is a passion. More than anything, eating together is important, but in my culture, we serve food as a symbol of sharing. It is a mission and goal to get kids eating real food and to get families talking again.

What is so great about eating with the family? Most families bicker!

What's wrong with slight bickering? If you are using pots and pans in the kitchen, it's going to make noise. If you have people coming together, they are going to make the same



Vikram Vij with his wife Meeru Dhalwala. PROVIDED

noise. It's natural. That's what life is all about. The problem happens when the noise becomes too loud, but people have to understand how to handle that too. You can't be fearful of the discussion. I would rather have someone to bicker with than be alone and eating. Humans need to discuss and debate, it's natural.

What's your take on picky kids? Is it a North American phenomenon?

My dad was the child at the table because he didn't like spicy food, but for me, I always wanted it spicier. Now, one of my children doesn't like spice. I find that

funny. The thing parents need to be sure of is that kid's bodies will tell them to eat. They will eat what is put there. The only trick is to slowly integrate flavours into the meals and get them accustomed to it. It builds cultures to share food and experiences. In this world, we need to have friendships among cultures. It increases the tolerance level of differences.

How many families do you know who are all home at the same time? Are we being impractical?

Listen, family meals don't mean that you have to be all together all the time. The ef-

Tips from Vikram

What are some tips to help get a family meal on the table?

- First, go shopping and think slightly ahead. It's good to be whimsical but be well stocked. One bag of pasta is the same as the effort as getting a whole pantry filled.
- Don't stress about meals, they can be simple as long as you see it is beautiful to nourish your body and your soul. Have fun! The day it is a chore you lose

passion. Just do it. On the fly.

- There is nothing to fear about learning to cook. If you had a guitar in your house, you would pick up the guitar and play music and it wouldn't sound very good. After 10 times, you could create a semi-musical, reasonable note. So, maybe the meal won't turn out perfectly the first day, it will eventually work.
- Confidence is gained when you repeat.

fort needs to be made, that's it. The physical art of being together in the room, sharing food simply needs to be a goal. Split shifts can work, come back to the table for a cup of tea and talk. Or it can be lunch or breakfast. Let's communicate.

Can everyone accomplish this?

I think it is possible for us to go toward the goal. Set a goal. As long as it is in your head, you will stay on track. It is the idea that is important. Abolishing of slavery was just an idea at first. Anything can happen if you stay focused. This is not a solution to any of the problems, it is more about communicating with each other. Food is the most important common denominator. ... Involving the kids at every step of the way is important because it keeps the whole community together.

What about using shortcuts or prepared products?

We don't all have to do

everything ourselves. What's wrong with letting someone else pick, shell and package the finest peas for you? Shortcuts are fine if they are really good quality. The best shortcut there can be is to have kids help. In Indian or Asian cultures, where eating together is the norm, you had help of family or servants. Cooking is a lot of work, we don't have servants anymore ... now we have kids.

Cooking with Vij

- Want to cook along with Vij? A complete shopping list and the recipes for his online cooking show are available for download at metronews.ca/vijcooklive.
- Remember to go online Thursday at 6 p.m. ET for Canada's first live online cooking show.





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Allison on Money. With less time to recover losses, it's time to protect what you've got



YOUR MONEY
Allison Griffiths
money@metronews.ca

A Vancouver acquaintance recently told me about his financial mess. He had owned a condo, which he loved, in Vancouver near foodie heaven, Granville Island.

During the rising market he decided to buy down and put a big chunk of cash into his thin retirement savings.

The moment he put the condo up for sale last spring, the market softened. He gambled by purchasing a cheaper condo, which had just dropped significantly in price.

His reasoning was that he got such a good deal on the purchase he could afford to take less on the sale of the

existing condo and still come out ahead financially.

But prices softened again and as a result he owned two condos in a falling market. Eventually he was forced to sell the condo he loved to pay for the one he didn't. Worse, he didn't pocket any additional cash. Now at the age of 59 he feels he's ruined his future.

What's the lesson here? First and foremost, protect what you've got, particularly as the years roll on, because you have less time to recover losses.

A new Investor Education Fund (getsmarteraboutmoney.ca) study showed that half of those over 50 believe they'll run out of money in the first 10 years of retirement.

It isn't easy for the average person to put together a nest egg, be it a savings account, equity in a house or business, or a pension. Never, ever gamble with your nest egg. I had a prime example of how that mindset worked growing up.

My dear departed dad wasn't a genius with money,

In numbers

33%

33 per cent of Canadians don't believe they have enough saved for retirement.

but he had one great asset, a civil service pension. He protected it as one would a baby. Even during the family's hard times when he lost his job and subsequently returned to school, he resisted the temptation to cash it in.

Bear in mind, back in the 1970s and '80s many took pensions for granted. Cashing in didn't seem like such a big deal. Thanks to his vigilance, he ended up with a comfortable retirement even though he still had a mortgage.

Learn from my Vancouver friend and my dad. Safeguard savings or home equity and never gamble with them for any reason.

Contact Allison at griffiths.alison@gmail.com or alisongriffiths.ca



Direct deposit. Cheques going way of the penny

With a three-year plan underway, the federal government is phasing out printed cheques completely in favour of faster, safer and more convenient direct deposit payments. By April 1, 2016, Canadian individuals and businesses will no longer receive paper cheques in the mail.

As early as 2014, this initiative is expected to save approximately \$17.4 million per year. The cost to produce a cheque is approximately 82 cents, while a direct deposit works out to only 13 cents to process. In future, a cheque will only be issued under exceptional circumstances, for example when someone does not have access to a financial institution because they live in a remote location.

"The Government of Canada is committed to using taxpayer dollars wisely," says Rona Ambrose, Minister of Public Works and Government Services and Minister for Status of Women.

"Increasing the direct deposit service will contribute significant savings by a reduction in the use of paper, plus related cheque-printing and delivery costs."

She points out that the Receiver General issues more than 275 million payments annually, of which close to 79 per cent are already made by direct deposit. Citizens and businesses currently receiving federal government cheques have the next three years to register for the change. Enrolment forms are obtained from the Receiver General web site, or from federal government departments. Starting immediately, the only method for new payment recipients will be as direct deposit.

By modernizing and saving taxpayer dollars, this plan is also in tandem with the Federal Sustainable Development Strategy aimed at reducing paper consumption and reducing greenhouse gas emissions.

NEWSCANADA

Quoted

"Increasing the direct deposit service will contribute significant savings by a reduction in the use of paper, plus related cheque-printing and delivery costs." Rona Ambrose, Minister of Public Works and Government Services

Life after the copper coin

Do you remember where you were on Feb. 4, 2013 when the Royal Canadian Mint (RCM) stopped issuing pennies? Perhaps you walked by one on the sidewalk but didn't bother to pick it up — to your peril. There goes your chance of having a lucky day, as the old adage goes. Oh well, it doesn't really matter now does it?

Research by Desjardins Group's economists found that maintaining the penny costs Canadians an estimated \$150 million a year.

Thanks in part to this analysis, the federal government announced last year that it would withdraw the one-cent coin. Don't worry though, this definitely wasn't a case of being penny wise and pound foolish. Frankly, the penny lost its shine ages ago: it costs 1.6 cents each to produce and its purchasing power has been greatly reduced, partly because Canadians have been hoarding them for years.

By eliminating the coin, there will be a significant savings to the environment and the economy in general due to the reduction in handling costs for retailers, financial institutions and consumers.



The penny lost its shine long ago. It costs 1.6 cents to produce. ISTOCK IMAGES

As a result, the transition costs for the government to gradually withdraw the penny — which may be in the tens of millions of dollars over the next few years — will be minimal compared to the recurring annual savings Canadians will see down the line.

Gone but not forgotten

Although the RCM is no longer minting the penny, it will maintain its value and legal tender indefinitely. And

some businesses will still accept it as a form of payment. As pennies are withdrawn from circulation, prices will be rounded to the nearest nickel for cash transactions. Non-cash transactions (debit card, credit card, prepaid card, cheque, etc.) will continue to be settled to the nearest cent.

Don't cry for the penny, it had a good run

What will the RCM do with all the lowly pennies that are

returned? They will be melted down and recycled, which will create a revenue source for the government to help offset the transition costs.

Great use for your old copper

If you're the proud owner of a terrarium full of pennies and would rather not roll and return the lot to your local financial institution, consider donating them to a local charity. NEWSCANADA

Dressing your desk for success

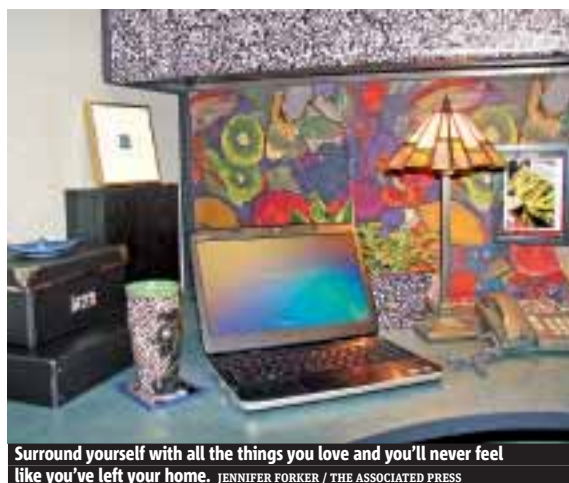
Your cubicle could use some colour. Could your business blahs be turned around by a dash of decor?

We focus so much energy turning a house into a home, we sometimes forget to aim our decorating genius in another notable direction: the office cubicle.

Home often expresses who we are, filled as it is with accumulated treasures and trinkets. But skip on over to the office cubicle — or, for that matter, an office with actual walls — and it can be a different story.

Some offices “are so dated. It’s wallpaper from the ’70s, falling-apart furniture and stacks of files — generally, an overall mess,” says Sayeh Pezeshki, a designer who blogs about decor at The Office Stylist.

Considering how much time many people spend at work, “your work space



Surround yourself with all the things you love and you'll never feel like you've left your home. JENNIFER FORKER / THE ASSOCIATED PRESS

should be cheery and it should be fun, and it should be personal to you,” says Sabrina Soto, designer host of HGTV’s The High/Low Project. A soothing environment cuts down on work stress, designers believe.

“It really does affect the way that you work and the way that you feel,” says Pez-

eshki.

And, she says, “You don’t have to spend a lot of money” doing it.

Bob Richter, an interior designer and cast member of PBS’s treasure-hunting series “Market Warriors,” visits flea markets wherever he travels, returning home with one-of-a-kind mementos.



A dull workspace is the difference between a diligent crew and a sleepy staff.

“I feel like a cubicle or a small office should feel like a small apartment,” says Richter, who lives in a small New York City apartment. “Things have to be tidy but there also

has to be an opportunity to store things easily.”

Richter suggests combining flea markets for unusual boxes and baskets for storing supplies on an office desk. He

uses old metal coffee tins and vintage ceramic planters for holding pens and other supplies.

“There’s a nostalgic vibe to these items,” Richter says.

Soto suggests using lacquered boxes or stylish fiberboard boxes, like those sold at The Container Store.

Good lighting, an attractive memo board, and at least one living plant or cut flowers are also essential for cultivating good cubicle ambiance.

Bring a desk lamp from home for task lighting, it’ll cheer up the space.

Bring in low-water, low-light plants — at least one. Two plants that are good at surviving indoor light are pothos and heartleaf philodendron. Peace lilies also crave low light and are excellent at cleaning indoor air.

“For me, a place I want to be is a place surrounded by the things I love,” says Richter. “I think (the office cubicle) is an area where you can let your personality do the talking.”

THE ASSOCIATED PRESS

I saw it through the Twitter Vine

Lights, camera, application.

Recreate the resumé by pitching your personality via video

MICHELLE CASTILLO

Metro World News

Have you heard about Vine? Twitter’s new six-second videos? People are using it to capture celebrities, report on news and get jobs.

The short nature of the Vines has led to some creative endeavors, including panoramic views of beautiful locations, stop-motion animation and, of course, cat videos. To master the medium, we talked to some expert users.

Understand the app

To make the perfect Vine, you’re going to need to play around with it. Dawn Siff posted what is believed to be the

Unique you

“People don’t often get to see a fun/silly side of you from pictures on your blog, so show them how personable you can be.”

Jenni Radosevich
I Spy DIY

first job resumé on Vine. She filmed non-serious subjects like baking heart-shaped cookies for Valentine’s Day before she made her viral six-second video.

Two things she quickly noticed were that she had to film it on her own device for it to publish on her account and, more importantly, each video had to be published right after it was filmed. This meant there was no saving each take so she could compare it to another version she made later.

“There’s no draft queue,”

she said. “There are all of these limitations I suspect will be tweaked later on Vine.” Once she figured it out, her Vine went national, seen and covered as far away as Australia, resulting in job interviews.

Show off your personal style

Radosevich believes that you should show off your personality with your Vines.

“People don’t often get to see a fun/silly side of you from pictures on your blog, so show them how personable you can be,” she said.

For Siff, she decided she wanted future employers to know why she was qualified and wanted to show that she was an early adapter of new technology.

Being a radio producer for many years, she was used to telling complex stories in a shorter form, so being able to condense her resumé into six seconds came naturally.

“I don’t think what I did was earth shattering,” she said. “I just think I did it really quickly.”

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metro



Joey Votto walks into the dugout before a Cincinnati Reds spring training game against the San Diego Padres last week in Peoria, Ariz. CHRISTIAN PETERSEN/GETTY IMAGES

Votto packs his bags to join Team Canada

WBC. With injury concerns eased, star first baseman will suit up for national team

Joey Votto wanted to say sorry, but only for making everyone wait on the best news Canada has had ahead of the World Baseball Classic.

The Cincinnati Reds first baseman will be in Canada's lineup after an uncertain spring training kept him from committing to the international tournament. Votto missed 48 games last season with a knee injury, but on Monday he finally put to rest fears that Canada would be without the heart of its offence.

"I was very clear to everyone that I needed the games to make sure my knee was healthy and heading in the right direction," he said at Reds training camp. "I feel confident in it and confident in my commitment. I feel I can comfortably play."

The Toronto native needed to be sure of that before saying yes to Canada.

"I've never been hurt before," said Votto. "I wanted a little more of a grace period before the tournament to make sure I'm ready for my primary

Two Canucks to watch



Brett Lawrie

Lawrie, then just 19 years old, made an appearance as a pinch runner in 2009 but never had an at-bat for Canada. Now the Blue Jays third baseman, Lawrie will try to make his mark at the tournament. The Langley, B.C., native recorded 11 homers, 48 RBIs, 73 runs and a .273 average in 125 games for Toronto last season.

Quoted

"It's big, obviously. Not only is (Votto) Canadian, but one of the best players in the tournament no matter where he's from."

Justin Morneau on Joey Votto's decision to join Team Canada. Manager Ernie Whitt said Votto and Morneau would likely swap games at first base and designated hitter.

commitment to the Cincinnati Reds."

The news brought a sense of relief to Canada's training



Jameson Taillon

Canada's not-so-secret weapon, Taillon was the second overall draft pick in 2010 behind Washington star Bryce Harper and is expected to anchor the Pittsburgh Pirates' starting rotation in the next few years. Born in the U.S. to Canadian parents, Taillon was recently ranked 15th among 100 MLB prospects.

camp, which opened Monday morning.

Earlier in the day the team learned Chicago White Sox re-

liever Jesse Crain was out with a shoulder injury, leaving the bullpen without a veteran arm. Last week, Pittsburgh Pirates catcher Russell Martin opted out of the roster, which was already missing several veterans, including outfielder Jason Bay and pitchers Ryan Dempster and Jeff Francis.

Losing Votto would have been another major blow, but he was committed to playing for Canada. Once he decided he was healthy and had the Reds' blessing, there was no way he would miss the WBC.

"I grew up with a few of the players on the team and that goes beyond any of the Team Canada stuff," said Votto. "These are the same guys from my hometown or within a few minutes of where I grew up. You very rarely get a chance to play with your neighbour."

Votto, the 2010 National League MVP, is a career .316 hitter, with 133 homers and 457 RBIs. Manager Ernie Whitt said the 29-year-old's importance to the team couldn't be understated.

"I would be lying if I said there wasn't nervousness, but we're really excited to have our No. 3 hitter in there," said Whitt. "He means a lot to this ballclub. So we're really thrilled about that."

THE CANADIAN PRESS

NFL

Ravens sign Flacco to \$120M deal

Baltimore Ravens quarterback Joe Flacco signed a new contract Monday worth \$120.6 million US over six years, making him the highest-paid player in NFL history.

The Super Bowl MVP will receive a \$29-million signing bonus and \$52 million in guaranteed money. He will be paid \$51 million over the first two years of the deal.

Flacco, 28, threw 11 touchdown passes and no interceptions during the recent post-season and led the Ravens to a 34-31 Super Bowl win over San Francisco.

THE ASSOCIATED PRESS



Joe Flacco

GETTY IMAGES FILE

NHL

Draft lottery system revamped

The NHL is increasing the number of teams eligible to make the No. 1 pick in its draft to 14, and announced that all seven rounds of the draft at the Prudential Center will take place June 30.

The league announced Monday that all 14 teams that miss the playoffs, or the teams that hold the rights to the top 14 picks, will be eligible for the No. 1 draft pick.

Under the previous lottery system, the five teams with the fewest points had the opportunity to win the top selection since no team could move up more than four spots.

THE ASSOCIATED PRESS

Own the Podium

Read steps down as Sochi looms

Ken Read is resigning from one of the most powerful positions in Canadian sport.

The former Crazy Canucks on the Canadian men's alpine ski team is stepping down as director of winter sport for Own The Podium less than a year out from the 2014 Winter Olympics in Sochi, Russia.

The 57-year-old from Calgary says "it was time to step away and move on."

THE CANADIAN PRESS



Horoscopes

Aries

March 21 - April 20

Whatever goes missing from your life today is something you can well do without, so wave it a fond farewell and turn your attention to more urgent matters.

Taurus

April 21 - May 21

A barrier of some kind may be imposing but you can find a way around it if you try. Stay calm, be patient and look for the key in areas you would not usually consider — that's where it's most likely to be.

Gemini

May 22 - June 21

Do you listen to a friend's advice or do you listen to an expert stranger? Maybe it would be better if you listened to no one's advice but your own. What does your inner voice tell you? Act on it.

Cancer

June 22 - July 23

Be blunt with a partner who is clearly taking liberties. You may not want to hurt their feelings but it would appear they are too thick-skinned to take a subtle hint — so give it to them straight.

Leo

July 24 - Aug. 23

Don't choose the easy option today just because it seems quicker. Appearances can be deceptive and you may wish you had taken more care, devoted more time and done a proper job the first time.

Virgo

Aug. 24 - Sept. 23

Raise your game today. You may not be the most outgoing of people but you have what it takes to make a name for yourself. Over the next 24 hours, you'll get the chance to shine. Don't waste it.

Libra

Sept. 24 - Oct. 23

No matter how busy you may be, you must make time for partners and loved ones. Someone close is desperate for your attention, so put aside what you are doing and let them know you still care.

Scorpio

Oct. 24 - Nov. 22

Something you say could be taken the wrong way and provoke a reaction. This is the kind of situation that could escalate rapidly, so it might be wise just to apologize.

Sagittarius

Nov. 23 - Dec. 21

Your instincts should be telling you that the best way to deal with a difficult situation is to leave well alone. That applies especially to ego clashes.

Capricorn

Dec. 22 - Jan. 20

An important relationship may be under some stress but don't worry about it. The planets suggest that everything will work out for the best in the end, so forget it and focus on more enjoyable things.

Aquarius

Jan. 21 - Feb. 19

There are so many things you want to do yet so few things you can do, which is no doubt frustrating. Your time will come, so stick with it. As always, everything will change when you least expect it to.

Pisces

Feb. 20 - March 20

Why are you tempted to grab what you can and make a run for it? Maybe it's because you can sense that time is winding down and if you don't do something soon the chance may pass you by. Maybe you're right.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Most read national daily newspaper in Canada
- Noon: French
- Red Serge force, commonly
- Love: French
- Gulf of ___ (between Somalia and Yemen)
- Eurythmics' "Would ___ to You?"
- Big screens at sporting events
- Mr. MacDermot (Canadian composer of Hair)
- Beast of burden
- "Push" band from Vancouver
- ___ and Shuster
- "Have ___" (Relax)
- ___ disadvantage
- Church speech, for short
- Intl. commerce group
- "Where's that map?!": 2 wds.
- "...so long ___ both shall live?"
- Granny: German
- Pineapple: French
- Toronto's plays/musicals area: 2 wds.
- Toronto's St. Lawrence

- Poet W.B.
- Nobleman
- Antonio's "Evita" (1996) role
- Old Scandinavian symbol
- In Ontario on Lake Huron, it's the world's biggest lake island

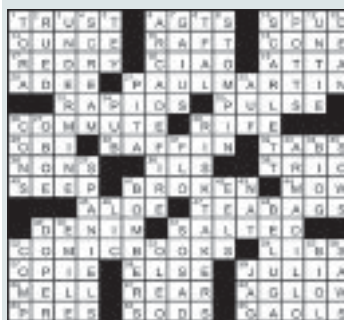
- Pottery pieces
- Volcano in Sicily
- Downloaded-from-Apple song
- Shar-___ (Some dogs)
- Lang. of Rome
- Concrete-strengthening rod
- Down

- Goya painting, The Naked ___
- Ostrich-like birds
- Rush song: 2 wds.
- Chafe
- "___..." (Start of Juliet's famous line)
- ___ Provinces
- Wedding vows: 2 wds.

- ___ floss
- Advantages
- Latvia's capital
- Singer Mr. Aiken's
- Author A.A.
- ___, Paul and Mary
- "Prelude ___ Kiss"
- "Hmmm, I ___ aware of that."
- Grill servings
- Breakfast serving
- Madonna's nickname
- Runway surface
- Li'l bank-in-the-wall
- Doo-Wop music syllable
- Prefix to 'dontist' (Braces giver)
- Bouncer's workplace
- SNL or NASA, e.g.
- Haloed humans, for short
- Comp. help givers
- 'I' of CIBC
- Canadian brewer
- Impressionist painter
- Maple product
- "Quelle ___ est-il?" (What time is it?)
- New Age musician
- Quickly write down
- D'Urbervilles

- heroine
- Tolstoy's ___ Karenina
- Susan Aglukark's "___ Na Ho (Celebration)"
- Vitality [abbr.]
- "Help ___ think I'm falling..." - Joni Mitchell
- 'Comp' completer (Calculate)

Yesterday's Crossword

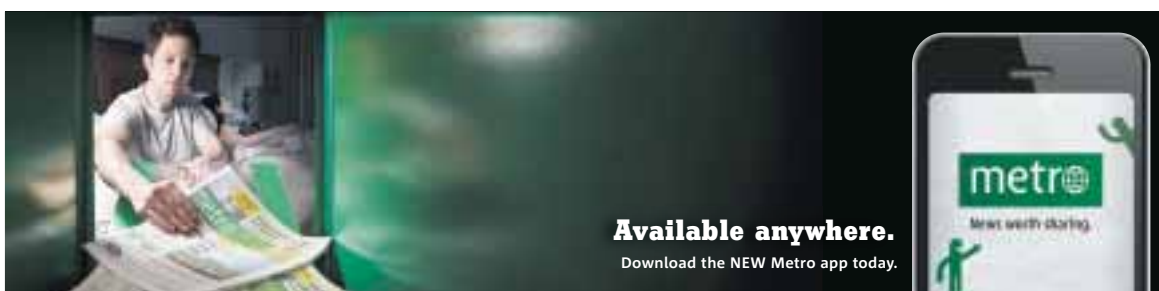
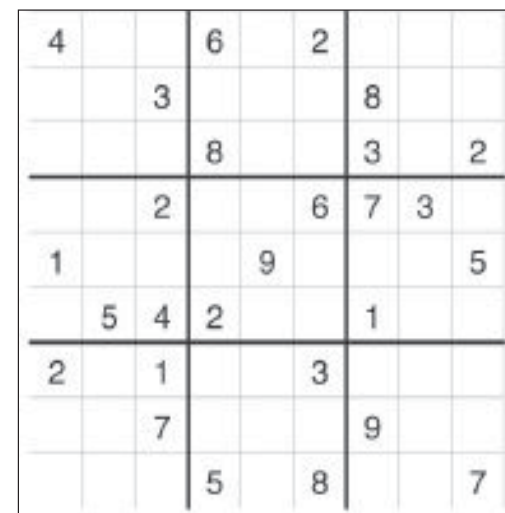
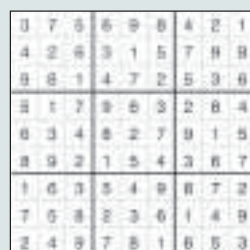


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Optima SX Turbo shown[△]

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CITY (A/T): 8.0L/100KM

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